

Health Talk 0002 “Spreading Germs”

Announcer: Welcome to “Health Talk”, where you’ll find “Good Advice for Good Health!” Now, here are Ty and Paula with today’s topic.

P: Hello!

T: Today on Health Talk, we’re discussing how germs are spread.

P: We can’t see germs, they are too small, but we all have them inside our bodies and on our skin. Some germs are good, but many are not and they can make us sick. We need to stop the bad germs from spreading, and we can all help do that.

T: Every day when we touch things germs get onto our hands. When we touch something else, we leave some of those germs there. So, to stop spreading germs, it helps to wash our hands often, especially before touching food because we don’t want germs to go into our mouths. We also need clean hands when we are caring for our children. We don’t want to pass germs on to them. If we have a cough, fever or sore throat, we can pass the germs that make us sick on to others by touching them. Many diseases can be spread this way.

P: We need to encourage our family to wash their hands too. When young children get a runny nose with a cold, it’s usually mum who has to wipe their nose. After you have wiped their nose, wash your hands and wash the child’s hands too. This can help stop the cold spreading to other members in the family, and it teaches our children how and why we wash our hands.

T: It’s a good idea to wash children’s hands when they have been playing with other children too. Most toys can be washed, and washing them in warm water and soap will also help prevent germs and sickness from spreading. Even better than soap is disinfectant, which kills germs more effectively.

P: Many germs are spread through the air. When we cough or sneeze, the germs go into the air and can be breathed in by someone else. We need to cover our mouth and nose, using a tissue or our hand, to stop the germs from going into the air. Then we need to wash our hands. If we are out, we may not be able to wash our hands so we need to be careful not to touch other people, or things that they might touch.

T: If you are sick don't get too close to other people. And if someone in your family is sick keep them quiet and away from others. You don't want to pass your germs on to them, or catch any germs that they might have. If you have an open sore, keep it covered to protect it from germs. If germs get into the sore, they will stop the sore from healing properly and it could become infected. First, make sure the sore is clean by washing it in clean water and disinfectant or soap, and then cover it with a sticking plaster or clean bandage.

P: So, there is much we can do to stop the germs that make us sick from spreading to other people. Let's all share our love, not our germs.

Announcer: This has been "Health Talk," a production of HCJB Global Voice. For more "Good Advice for Good Health" stay tuned to this station, or log on to hcbglobal.org.